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ALGERIA OUTFOXES SOUTH KOREA 4-2, BELGIUM BEATS RUSSIA 1-0 WITH COUNTERATTACK LATE IN THE GAME AND PORTUGAL DRAWS U.S. 2-2 WITH HEADER IN FINAL SECONDS **PAGE 18**

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Three days of the diva

It was a spectacular weekend for music lovers in Winnipeg as several concerts were held throughout the city, including Cher (centre) on Friday, Queen and Adam Lambert (left) on Saturday, and Heart on Sunday at the MTS Centre. The Jazz Winnipeg Festival also featured performances by the likes of St. Vincent and John Legend, and Aboriginal Day Live brought in country rocker Billy Ray Cyrus. For more photos and video, visit metronews.ca/winnipeg. DAVID LIPNOWSKI/FOR METRO



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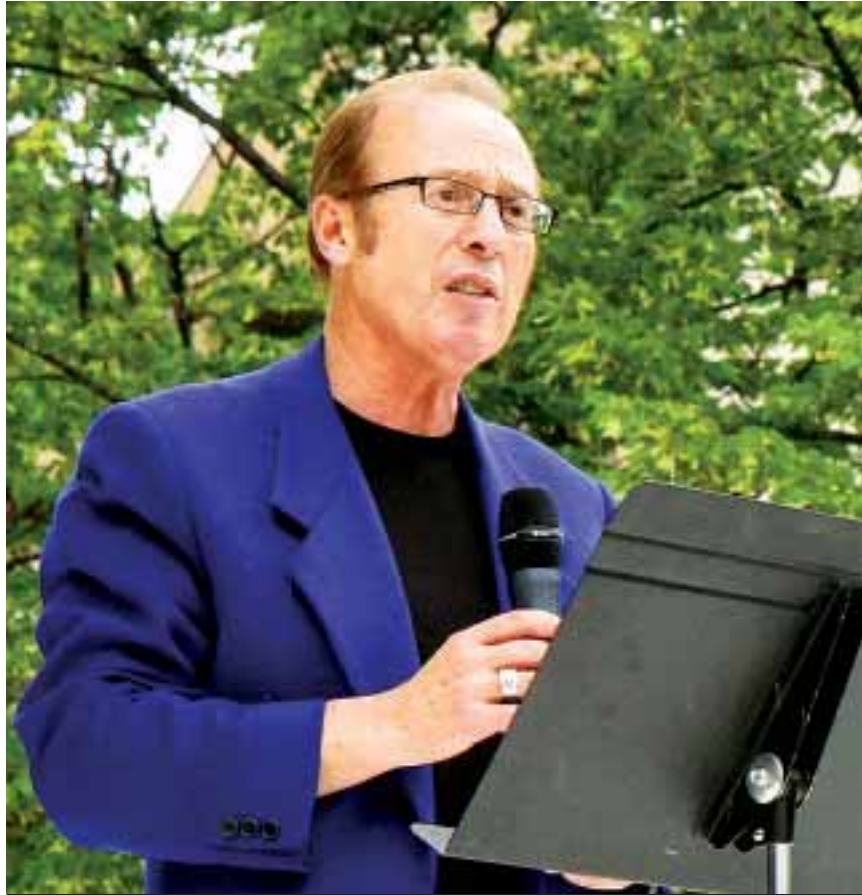
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Katz won't seek re-election



Mayor Sam Katz said he's looking forward to spending more time with his family now that he's decided against seeking re-election. HOWARD WONG/FOR METRO

That's all, Winnipeg folks. Mayor says he's satisfied with time in office



BERNICE PONTANILLA
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Mayor Sam Katz said his desire to spend more time with his family and his commitment to only seek two full terms in office are the reasons that he will not seek re-election.

Katz, who was first elected in 2004, then re-elected in 2006 and 2010, broke the news right before a noon-hour concert at Central Park on Friday.

"I've got a young family and when you're mayor, you make sacrifices," said Katz in an interview with Metro, adding he wants to spend more time with his two daughters and 18-month-old son Aidan.

"That is certainly, shall we say, the beautiful part of not running again, I get to be with my family."

Katz said he'll be going back to his businesses, including the Winnipeg Goldeyes and Showtime Productions.

"Believe me, there is no shortage of things for yours truly to do," he added.

Coun. Russ Wyatt, who at times was the mayor's friend or foe, said they "had a lot of ups and downs, but the mayor is the kind of person who you may disagree with today but you're going to work together tomorrow."

Wyatt said despite the troubles over the past two years, including the cost overruns on the fire halls and police headquarters projects and the unceremonious exit of his chief administrative officer Phil Sheegl last October, Katz's decade will be looked at as positive for the city.

Katz thanked Wyatt for his comments and added confidently "there's very little doubt that the reality will show (that positivity) in the future, and that's that."

Judy Wasylycia-Leis, the former MP who lost to Katz in 2010 and is running again this year, thanked Katz for his years of service.

"I truly wish Mayor Katz all the best, and hope he gets the quality time with his family that he deserves," she said in a news release.

Quoted

"Believe me, there is no shortage of things for yours truly to do." Mayor Sam Katz

Labour council backs Wasylycia-Leis

Mayoral candidate Judy Wasylycia-Leis has received the endorsement of the Winnipeg Labour Council.

Dave Sauer, the council's president, said candidates, including for city council and school divisions, were judged

on five criteria: good governance, quality infrastructure, support for public services, better expenditure of taxpayer dollars and community engagement.

"We believe we are endorsing candidates that have

an enormous opportunity to change the way city hall functions," said Sauer in a news release sent to media on Thursday.

"We have worked diligently to attract candidates who reflect Winnipeg's diversity and

want the best for our city."

The council also released its list of endorsed candidates for councillors. They are: Jenny Gerbasi in Fort Rouge-East Fort Garry, Matt Allard in St. Boniface, Ross Eadie in Mynarski, Jason Schreyer in Elmwood-

East Kildonan, Stefan Jonasson in St. James-Brooklands, Sachit Mehra in St. Norbert, Ray Ulasz in Transcona, Evan Comstock in North Kildonan, Brian Mayes in St. Vital and Suzanne Hrynyk in Old Kildonan.

BERNICE PONTANILLA/METRO

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Police block off The Domo gas station on Wardlaw Thursday evening. SHANNON VAN RAES/FOR METRO

Two officers placed on leave after man shot at gas station

The Domo. Officers confronted a 21-year-old suspect; a shot was fired, hitting him in the upper body



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Two Winnipeg police officers have been placed on administrative leave after a confrontation at a gas bar last Thursday evening left a suspect with a gunshot wound.

Police spokeswoman Det. Sgt. Natalie Aitken said dur-

ing a news conference on Friday that officers were called to a gas bar, The Domo, in the 300 block of Wardlaw on Thursday at about 9:20 p.m.

Once there, the officers confronted the 21-year-old man and a shot was fired, hitting the suspect in the upper body.

Aitken was unable to provide more details on the incident because police are still interviewing witnesses and don't want to taint the investigation.

"Right now, I'm not in a position to confirm much about our suspect that we have in custody, or whether a weapon was used (by the suspect), but surely that is

something that we're looking into," said Aitken, adding that instances where an officer is forced to shoot are still rare.

"This is what our officers train for, this is something that is not taken lightly each and every time they are making those split second decisions."

The suspect, who was taken to hospital in stable condition, is known to police, added Aitken.

A source told Metro that the suspect was allegedly shot in the arm.

Since the shooting involved an officer, the Homicide Unit is conducting the investigation.

Man charged with voyeurism at Old Navy change room

Winnipeg police have charged a man from rural Manitoba in the case of a woman who was filmed changing at the St. Vital Old Navy.

Det. Sgt. Natalie Aitken said on Friday that a 33-year-old man from a southern Manitoba town is facing a charge of voyeurism in the June 17 incident.

A 42-year-old woman went into the fitting room to try on clothes and was undressed, when she noticed a cellular phone was being held above her and recording.

The victim immediately left the change area and called out for help, while the suspect left an adjoining room and fled the store.

Aitken said it was surveillance footage, assistance from the store employees and good old-fashioned police work that led to the identification of the suspect.

Police also seized items belonging to the suspect, although Aitken could not provide any specifics on the



Det. Sgt. Natalie Aitken answers reporters' questions on Friday about a case of voyeurism at the St. Vital Old Navy store. Aitken said police arrested a 33-year-old man in connection with the incident. BERNICE PONTANILLA/METRO

evidence.

"There's always the possibility that further charges could be laid, at this time this individual is just facing that one count of voyeurism," said Aitken, adding that so far, police do not believe the suspect shared the footage online.

The suspect was arrested last Thursday with the help of

local police in the small town where he lived. He was released on a promise to appear in court.

BERNICE PONTANILLA/METRO

Online

For more news, visit
metronews.ca



Portage Ave. and Moray St.

Police allege three teens responsible for neighbourhood bike thefts

Three teenaged boys were arrested on Saturday and charged by police with going on a bike-stealing spree.

Winnipeg police said they stopped the boys on the sidewalk at Portage Avenue and Moray Street at about 2:30 a.m.

After talking to them, police said, they discovered the three had been breaking and entering at several places around the neighbourhood.

Police allege that the trio are responsible for offences in the following locations (the charges have not been proven in court):

- 100 block of Dromore Avenue — broke into an attached garage, cut through locks and chains and stole three mountain bikes.
- 3300 block of Roblin Boulevard — cut through a cable lock and stole a mountain bike.
- 3400 block of Vialoux Drive — cut through a bike lock and stole a mountain bike.
- 300 block of Laxdal Street — broke into an unlocked vehicle and stole loose change.
- 1st 100 block of Bramble Drive — broke into two

unlocked vehicles and stole loose change. Used the garage door opener from one of the vehicles to enter a garage — nothing was stolen from the garage.

• 1st 100 block of Sammons Crescent — broke into three unlocked vehicles, stealing loose change and other property. One of the vehicles contained a garage remote which was used to enter the garage and steal a skateboard and mountain bike.

Three boys, aged 15, 17 and 18, were all charged with property-related offences.

The older two were also charged with breaches of court order, said police. All three have been detained.

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HUDSON'S BAY

Soldier sentenced

Smoking cessation drug may have contributed to assault: Judge

A Manitoba judge says there is strong evidence the smoking cessation drug Champix was behind an assault by a Canadian soldier.

Canadian Forces member Malcolm Gallant, 30, pleaded guilty earlier this year to assault and careless use of a firearm.

The charges stem from 2011, when he choked his girlfriend and took guns to their neighbours' house.

During Gallant's sentencing hearing this week, Justice Shawn Greenberg said this behaviour was extremely out of character.

Greenberg also referred to studies showing Champix is associated with aggression and violence toward others.

Greenberg gave Gallant a conditional discharge, which means if he obeys the rules of his release for one year he will no longer have a criminal record.

THE CANADIAN PRESS

Flooding risk

Homeowners should check basements after heavy rainfall

After a weekend with heavy rain showers, Winnipeg homeowners are reminded to check their basements.

The Red River is expected to rise to about 4.5 metres (between 14 and 15 feet) at James Avenue by Tuesday or Wednesday.

While basement flooding can happen any time of year, "the risk increases with high river levels because the sewer system must then rely heavily on pumping stations rather than gravity to carry the rainfall runoff," according to the city.

People can help protect their home by installing a backwater valve and sump pit drainage system, maintaining that system and improving drainage around their houses.

Residents shouldn't drain sump pump water into any part of the house plumbing system. METRO



The jig's not up

The Norman Chief Memorial Dancers — including Manitoba MLA Kevin Chief — didn't let the rain interrupt the Red River jigging during the National Aboriginal Day event at Winnipeg City Hall on Friday. BERNICE PONTANILLA/METRO

The Housing First model works: Study

At Home. Winnipeg one of five cities where the model was tested

A new study has found that giving homeless people a place to live first, then offering services for other issues such as mental illness and addictions, helps them become self-sufficient.

The Housing First model started in 2008 with \$110 million from the federal government.

The program, called At Home/Chez Soi, involved 2,000 Canadians with mental illness who were homeless in Winnipeg, Vancouver, Toronto, Montreal and Moncton, N.B.

The Winnipeg study was conducted between 2009 and 2013 and involved 513 people.

Participants were randomly assigned to receive either a Housing First intervention or usual services provided to people who are homeless.

The Mental Health Commission of Canada says the results are promising, but there needs to be a plan to prevent people from becoming homeless and make available more affordable housing.

"Working closely with all our partners, including the aboriginal community, we are proving that the Housing First approach is a winning strategy for Winnipeg and is a solution that can be adapted to work across the country," Louise Bradley, commission president and CEO, said.

In Winnipeg, the participants had mental health and medical issues, 69 per cent finished high school and all had

low monthly incomes.

Ninety-one per cent of participants were unemployed at the time of the study, 52 per cent had worked steadily in the past. In the last six months of the program, 73 per cent of the participants were housed all or some of the time.

Peter Bjornson, Manitoba's minister of Housing and Community Development, announced the province will continue to provide housing subsidies and supports, with more than \$2 million this year going to participants of the program.

"At Home/Chez Soi demonstrated that by working together in partnership to support the Housing First model, we can make a difference in the lives of those who are homeless," he said.

THE CANADIAN PRESS

2013/14. Museum sees surplus despite funding cut

Despite a cut in financial support, the Manitoba Museum has posted a "modest surplus" of \$277,000 for its 2013-14 year, officials announced at the museum's annual general meeting on Thursday.

Jeoff Chipman, museum board chair and president and CEO of Stevenson Group Inc., said the museum continues to be "fiscally responsible" after reduced funding from the City of Winnipeg and status quo funding from the Manitoba government.

"We are working diligently to advance our capital renewal plans to ensure our Museum continues to offer world-class experiences to future generations of Manitobans, and we are appreciative of the ongoing dialogue with the province regarding this matter," added Chipman.

Among the highlights for the museum in 2013-14 was the record school attendance for Wrapped: The Mummy of Pesed exhibit, where 14,260 students learned about the mummifying process.

Claudette Leclerc, CEO of the Manitoba Museum, said another successful exhibit was Lake Winnipeg: Sharing Solutions.

"It was also our 22nd consecutive year with a balanced budget, thanks to the tireless efforts for our staff and volunteers," said Leclerc.

"Our strategic vision of aligning the actions of the museum with the needs of the community has proven to be highly successful for the institution."

The museum's annual budget was \$6.6 million. This past year it saw 319,531 visitors, including 97,000 schoolchildren.

METRO

Winter blues. Assiniboine Park Zoo heating bill blows polar bear exhibit's budget

It was so cold this winter that the heating costs during construction of an exhibit for polar bears and other northern species at Winnipeg's Assiniboine Park Zoo put the project way over budget.

City council was told Thursday that the Journey to Churchill exhibit has exceeded its

budget by \$4.5 million.

The city has already promised to give \$50 million for the overall park rehabilitation project. Coun. Brian Mayes says there is enough money left in that budget to possibly scale something else back so the exhibit can be fully funded.

THE CANADIAN PRESS

10 days. Zoo closed to prepare for opening of Journey to Churchill

The Assiniboine Park Zoo is now closed and will remain that way for 10 days.

The zoo closed down Monday in order to fully prepare for the Journey to Churchill exhibit, which will open after Canada Day on July 3.

The opening weekend will feature face-painting,

performers and free pins as supplies last.

"The closure will give our animals time to acclimatize to their new surroundings and allow us to complete all the final construction details and finishing touches," said Don Peterkin, the zoo's chief operations officer. METRO

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Albuquerque. Protesters put police chief 'on trial' over 40 recent shootings

Demonstrators advocating for drastic changes within a police agency criticized by the U.S. Justice Department over its use of force put the embattled police chief "on trial" during a rally Saturday.

Hundreds of protesters marched from Roosevelt Park with signs and a makeshift coffin inscribed with the names of people killed by Albuquerque officers in recent years.

The Police Department is under scrutiny for more than 40 police shootings — 26 of them fatal — since 2010, and

the Justice Department has issued a harsh report over the agency's use of force.

The protesters marched peacefully Saturday before returning to the park to continue the rally.

The mock trial outlined how police Chief Gorden Eden has failed to stop his officers from using excessive force, said David Correia, one of the protest's organizers.

"He has to answer to these charges," Correia said. "They'll all be read before the public."

THE ASSOCIATED PRESS

Orwellian conduct?

Thai police detain protester for 1984 staged reading

Police in Thailand arrested eight people Sunday for demonstrating against the nation's military junta, including a man who was dragged

away for reading a copy of George Orwell's Nineteen Eighty-Four during a staged silent reading outside one of Bangkok's most luxurious shopping malls.

The arrest was the first known case of anyone being detained for reading as a form of protest since the military seized power last month. THE ASSOCIATED PRESS

Putin calling for Ukraine compromise

Insurgency. Moscow has rebuffed appeals of separatists in the east to join Russia

Russian President Vladimir Putin publicly expressed support Sunday for Ukraine's declaration of a ceasefire in its battle against pro-Russian separatists and called on both sides to negotiate a compromise.

Putin said such a compromise must guarantee the rights of the Russian-speaking residents of eastern Ukraine, who must feel like they are "an integral part" of their own country. Putin's statement appeared to signal that he sees their future in Ukraine.

Separatists in the eastern Donetsk and Luhansk regions have declared independence and asked to join Russia. Mos-

cow has rebuffed their appeals, but is seen by Ukraine and the West as actively supporting the insurgency. Putin's conciliatory words came as Russia began large-scale military exercises and after NATO accused Russia of moving troops back toward the Ukrainian border.

Putin appears determined to keep up the pressure to force the Kyiv government to give the eastern industrial regions more power and to prevent Ukraine from moving too close to the European Union or NATO. But he also wants to avoid more punishing sanctions from the U.S. and particularly from the EU, whose leaders will meet Friday in Brussels, and therefore needs to be seen as co-operating with efforts to de-escalate the conflict.

The Kremlin initially dismissed the peace plan that Ukrainian President Petro



Pro-Russian fighters stand in line to write their signatures under text of an oath after taking the oath of allegiance to the self-proclaimed Donetsk People's Republic, on Lenin square in the city of Donetsk, Ukraine, Sunday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Poroshenko laid out on Friday. But in a statement issued late Saturday, Putin said he welcomed the ceasefire and Poro-

shenko's "intention to take other concrete steps to reach a peaceful settlement."

THE ASSOCIATED PRESS

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Quebec helicopter fugitives caught in posh Montreal waterfront condo

'We've got all three.'

Police say more arrests likely as investigation looks into possible outside accomplices

The three men who police say escaped from a Quebec City-area jail by helicopter two weeks ago were captured in the early morning hours on Sunday in an upscale Montreal condo.

Quebec provincial police say investigators, accompanied by SWAT team members, arrested Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49, at around 1:30 a.m. inside the residence.

Sgt. Audrey-Anne Bilodeau said the investigation was ongoing and further arrests were likely.

"It could be a person who



An apartment is shown Sunday in Montreal, where three prison escapees were captured earlier in the day. Police say they will likely make further arrests in the case. GRAHAM HUGHES/THE CANADIAN PRESS

helped them escape from prison, or a person who helped them hide from us," Bilodeau said.

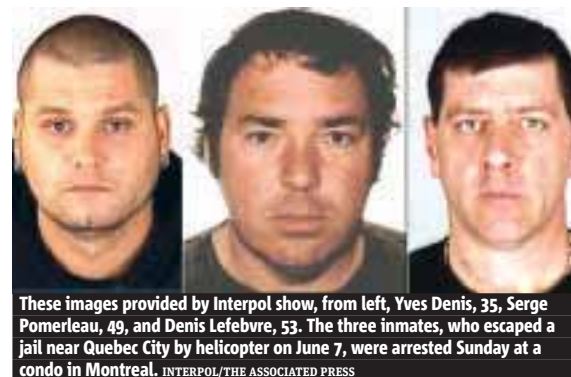
The trio were facing charges,

including gangsterism and murder, before the June 7 jailbreak.

They were to appear in a Quebec City court on Monday

to face fresh charges, but police didn't spell out what the new charges would be.

A woman who lives in the building where the arrests



These images provided by Interpol show, from left, Yves Denis, 35, Serge Pomerleau, 49, and Denis Lefebvre, 53. The three inmates, who escaped a jail near Quebec City by helicopter on June 7, were arrested Sunday at a condo in Montreal. INTERPOL/THE ASSOCIATED PRESS

took place said she watched from her balcony as the men were escorted in handcuffs into a police van.

France, who gave only her first name, had recently returned from a tango class when she heard a commotion.

"I knew something important was happening," she

said. "I saw a police car arrive, then another, and then another ... And then I heard someone say, 'No, it's not a joke. We've got all three.'"

The condo was part of a ritzy new development in Old Montreal featuring a fountain courtyard, just steps from the historic waterfront.

THE CANADIAN PRESS

Mock phishing test hooks nearly 2,000 Justice staff

Many of the Justice Department's finest legal minds are falling prey to a garden-variety Internet scam.

An internal survey shows almost 2,000 staff were conned into clicking on a phoney "phishing" link in their email, raising questions about the security of sensitive information.

The department launched the mock scam in December as a security exercise, sending emails to 5,000 employees to test their ability to recognize cyberfraud.

The emails looked like genuine communications from government or financial institutions, and contained a link to a fake website that was also made to look like the real thing.

Across the globe, an estimated 156 million of these so-called "phishing" emails are sent daily, and anyone duped into clicking on the embedded web link risks transferring confidential information — such as online banking passwords — to criminals.

The Justice Department's mock exercise caught 1,850 people clicking on the

Net result

1,850

The mock exercise caught 1,850 employees, or 37 per cent of those who received the phoney emails — much more than the estimated five per cent of the general public who get fooled by similar scams.

phoney embedded links, or 37 per cent of everyone who received the emails.

That's a much higher rate than for the general population, which a federal website says is only about five per cent.

The exercise did not put any confidential information at risk, but the poor results raise red flags about public servants being caught by actual phishing emails.

A spokeswoman says "no privacy breaches have been reported" from any real phishing scams at Justice Canada.

Carole Saindon also said that two more waves of mock emails in February and April show improved results, with clicking rates falling by half.

"This is an awareness campaign designed to inform and educate employees on issues surrounding cybersecurity to protect the integrity of the department's information systems and in turn better protect Canadians," she said in an email.

"In this case, this exercise specifically dealt with the threat from phishing which is increasingly being used as an attack vehicle of choice by cybercriminals.

"As this project progresses, we are pleased that the effectiveness of this campaign is showing significant improvement."

A February briefing note on the exercise was obtained by The Canadian Press under the Access to Information Act.

The document indicates there are more such exercises planned — in June, August and October — and that the simulations will be "graduating in levels of sophistication."

Those caught by the simulation are notified by a pop-up window, giving them tips on spotting malicious messages.

THE CANADIAN PRESS



Turning on the waterworks

Aaron Gould competes at the 2014 Flyboard North American Championships at Harbour Square Park in Toronto on Sunday.

MARTA IWANEK/TORSTAR NEWS SERVICE

Dean Del Mastro

MP set to stand trial on charges of voter fraud

A Member of Parliament once tasked with defending the Harper Conservatives against voter fraud allegations goes on trial Monday, accused of overspending during the 2008 federal election campaign.

Former Conservative Dean Del Mastro pleaded not guilty last month to charges under the Canada Elections Act.

Del Mastro, who now sits in the House of Commons as an independent MP and insists he did nothing wrong, is also charged with failing to report a personal contribution of \$21,000 to his own campaign.

Elections Canada also alleges that Del Mastro tried to cover up his overspending by knowingly submitting a falsified document.

The trial, before an Ontario provincial court judge in Peterborough, is currently scheduled to last a little more than two weeks, beginning with the presentation of evidence from prosecutors.

THE CANADIAN PRESS

Grow opportunity thwarted by court order

Pot predicament. Lack of local dispensaries and new federal rules that prohibit home-grows lead young man to buy off the street



JEREMY NOLA
Metro in Calgary

After suffering a stroke, it took 10 months for a south Calgary man to find a doctor willing to prescribe him marijuana.

And now, he says, a lack of local dispensaries and new federal rules that prohibit home-grows have forced him to veer from the legal system and buy it on the street.

Health Canada aimed to criminalize home marijuana grows by April 1. A court injunction has prevented such measures from being fully implemented for the time being.

Still, many marijuana users say they've trashed their plants. A handful of

entrepreneurs have plans for commercial growing facilities in rural Alberta, but no suppliers have been established to date.

Bob, 20, whom Metro agreed not to fully identify, orders eight to nine grams a month at \$6 per gram, from a Vancouver-based supplier. It's cheaper than on the street, but he says the hassle of getting a prescription from doctors and the wait time for his shipment has led him to turn to illegal suppliers.

"(Doctors) were prescribing me OxyContin, Percocet and all these other drugs so quick," he says. "Then, when it comes to marijuana, they're all beating around the bush."

Health Canada has not agreed to an interview on the federal marijuana changes despite requests made by Metro over a period of months. They have instead issued statements clarifying that the drug is not formerly approved for use because it hasn't "gone through the necessary rigorous scientific trials for efficacy or safety."

The courts, however, have required the federal body to

provide "reasonable access" to marijuana.

But John, a Calgary cancer survivor, whom Metro also agreed not to fully name, says the commercial product also lacks the same quality.

"It's kind of a joke," said John, who routinely smokes marijuana and has tried his hand at infusing the drug into muffins and butters.

The Alberta Law Enforcement Response Teams have supported the move away from home marijuana growing, citing public safety.

John had hoped to erect a greenhouse to grow his previously approved marijuana allotment in the backyard of his northwest Calgary home, but abandoned those plans — and his plants — ahead of anticipated April 1 changes. Now, he keeps one meagre pot plant on a windowsill at home and buys the drug off the street for \$200 an ounce.

"It's killing me," he said of the cost. "I'm an old man. I don't know how much longer I have left on this planet, but I don't need to be fighting just to not be in pain."



John, a Calgary cancer survivor and marijuana user, is seen with his supply of the drug. He said the marijuana being commercially grown and shipped around Canada is "garbage" compared to what he had hoped to grow in his own backyard greenhouse. BRYAN WEISMILLER/METRO IN CALGARY

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BUSINESS

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Keep calm and carry on buying that home



**HOW
TO ROLL**
Alison Griffiths
metronews.ca

Just when you thought home prices couldn't possibly go higher, they have. The housing market is officially going crazy ... again. Having just posted the best May on record, up seven per cent on average nationally since last May, real estate continues to be the best investment ever. Of course, that's only for those who got in before the torrid price moves of the last couple of years, particularly in hot markets such as Toronto, Vancouver and Calgary.

Doomsayers around the

globe have long been predicting a collapse of Canadian home prices. Just before Christmas, Deutsche Bank, a fairly sober institution, hysterically stated that home-sweet-home prices in the Great White North were overvalued by 60 per cent.

Proclamations like that get everyone jumpy, but none of them more so than those who purchased recently or are in the process of doing so. Real estate anxiety is understandable since a home purchase is invariably our single largest investment.

If you are fearful of being shut out of the market or hoping to cash in on price climbs ahead, buying now is probably not a good idea.

It's hot and it's cold

- Hottest real estate market: Northwest Territories, +23.7 per cent in last year
- Coldest real estate market: Yukon, -8.5 per cent in last year

Behavioural economics tell us that the retail investor (whether purchasing real estate or stocks) tends to get both manic and scared in the face of soaring prices. Those emotions propel us to make impetuous decisions.

Emotional investing also causes us to abandon normal due diligence. Eliminating

standard conditional clauses such as a home inspection or financing can make an offer more appealing. But doing so adds considerable risk to the investment.

On the other hand, the impact of purchasing in an inflated market is usually ameliorated by time. The longer the time frame, the less the effect on the investment, whether it is a rental or a primary residence.

We all want to buy low and sell high. But predicting future prices is a mug's game. If the investment of your life is affordable now, and after factoring in inflation and higher interest rates in the future, time will smooth out the downturns to come.

Fantasy fans bring in some real cash to Northern Ireland

Giants, dragons and vengeful queens have for generations populated Northern Ireland's folk tales. Now, such creatures are visiting the land in a different version — on the sets for the hit TV show *Game of Thrones*. But rather than spells and destruction, they're bringing an economic boost to this British province still healing from its past of political violence.

Fans of the HBO fantasy drama would recognize here the landscapes from the fictional land of Westeros — the castle of Winterfell, the seaside cliffs of the Iron Isles and the King's Road leading to the north. About 75 per cent of the show is filmed in Northern Ireland, both in natural settings and in the Titanic Studios in Belfast.

Since the pilot episode began filming in 2009, attracted by the local government's financial incentives, the show's presence has helped foster a film industry that is catching the eye of other Hollywood productions. And Northern Ireland is taking advantage of the attention by promoting the filming locations as tourist destinations.

The latest — and perhaps most illustrious — visitor is Queen Elizabeth II, who will tour the studio sets on Monday. But thousands have already been visiting from across the globe.



Tourists pose for photographs on the North Antrim Coast, close to Carrick-a-Rede Rope Bridge and Larrybane headland. Larrybane was the dramatic spot chosen for Renly Baratheon's camp in Season 2 of *Game of Thrones*. THE ASSOCIATED PRESS FILE

Cara and Tom Collins from Springdale, Ark., were in Ballintoy Harbour recently to see the rocky coastal setting used in the show for the Iron Isles, a kingdom of rugged sailors.

"You can just close your eyes and picture everybody there," said Tom.

The Season 4 finale of *Game of Thrones* earlier this month was watched by 7.09 million

viewers in the United States according to prime-time viewership numbers compiled by the Nielson Co. That makes it HBO's most-watched program since *The Sopranos* in 2007.

But the actual numbers are likely higher, since TV audience habits have changed since 2007 and *Game of Thrones* has fans globally who watch on local networks and via DVD or

streaming services.

For Northern Ireland's tourism industry, that represents a huge pool of potential visitors. The province hopes to use the show's popularity to increase the number of tourists to more than two million annually by 2016, from 1.8 million in 2013 — more than the region's population of just 1.8 million.

THE ASSOCIATED PRESS

KATZ: HE COULD'A BEEN A CONTENDER

How do you summarize a decade of Sam Katz in just a few words?

"Recreational mayor" or "BRT mayor" might be offered by his supporters, while detractors will snipe about "fire halls" or "police headquarters." My suggestion: "wasted potential." There's little question that Katz was a blue-chip prospect when he was first elected 10 years ago this week.

He was a successful business person who was going to get the city's books in order and change the way things were done at city hall.

Perhaps more importantly, he was a promoter — an exciting guy who was going to make things happen in this town and build up our sense of pride.

He showed early promise on both fronts.

The red tape commission found common sense ways to improve business practices at the city, and contracting out garbage collection promised to save millions.



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

Katz also cancelled a sketchy bus rapid transit proposal, and redirected those funds toward a massive investment in revitalizing recreational infrastructure throughout the city. While many disagreed with the policy, it was a clear case of Katz using his political capital to get something done that he felt was important.

But then it all kind of stopped.

The red tape reforms petered out, the city suffered from cost overruns and bungled management on several major projects, and it was soon forced to increase property taxes and frontage levies to balance the books. While the use of public-private partnerships expanded a bit, there was no revolution in how public service is delivered in Winnipeg. Meanwhile, there were lots of exciting

things happening in our city — the Jets, Canadian Museum for Human Rights, Assiniboine Park renewal, IKEA, Investors Group Field, bike paths, bus rapid transit — but Katz wasn't the driving force for any of these projects, they mostly just happened around

him. The man of action had been reduced to a bystander.

To be fair, Katz has been a consistent champion for investing in community centres, pools, playing fields, splash pads and other leisure facilities, and a generation of kids will benefit as a result. Given that, it might be appropriate to remember him as the "recreational mayor." Unfortunately, the label also applies to how he carried out his duties. Katz was frequently absent from the city to spend time at his second home in Arizona. And even when he was here, he rarely seemed to be engaged in major policy debates. Serving as mayor seemed more like a hobby than a passion.

It's unfortunate, because if Katz had applied the same energy and imagination to running the city as he does to running his business interests, he could have gone down in history as one of our greatest leaders. Instead, the biggest contribution he might make to the future of Winnipeg is through his decision to not run again. While it's doubtful he could have won, removing himself from the race could have a major impact on which candidate gets elected this October.

Whoever they are, let's hope they learn a lesson from the Katz years, and don't leave us wondering what could have been.

ZOOM

He's not just an ugly face



Peanut, a two-year-old mutt, "smiles" after winning the World's Ugliest Dog Contest, at the Sonoma-Marín Fair, in Petaluma, Calif. GEORGE NIKITIN/THE ASSOCIATED PRESS

Bulging eyes + big heart = winner

Meet Peanut, a sweet, energetic mutt, whose wild white and brown hair, bulging eyes and protruding teeth helped him clinch the title of World's Ugliest Dog in Petaluma, Calif. over the weekend.

Although Peanut is healthy now, he was seriously burned as a puppy, resulting in bald patches all over his body.

THE ASSOCIATED PRESS

Homely champ to raise awareness

His owner, Holly Chandler of Greenville, N.C., hopes Peanut's victory will help raise awareness about animal abuse.

"We're trying to use him as a poster child for what can happen to animals who are abused," she said.

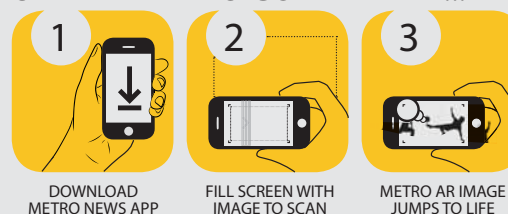
She plans to use the \$1,500 prize to pay for other animals' veterinary bills. THE ASSOCIATED PRESS

Top-dog winning combo

- The dogs are scored by a three-judge panel in several categories, including special or unusual attributes, personality and natural ugliness.
- Past winners include a duck-footed beagle, a boxer-basset hound mix with a waddle, a Chinese crested and chihuahua mix with a protruding tongue and a chihuahua with a missing eye and a camel's back.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 11 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Storm chasing in South Dakota



ANDREW FIFIELD
andrew.fifield@metronews.ca

Last week was a rough one, tornado-wise, including in our own country, with a twister touching down in Angus, Ont. that damaged several homes.

But this South Dakota storm system captured by a vehicle full of adrenaline junkies last week takes the cake. Several bright white vortices twist and dance around one another, wreaking havoc on anything in their path — including a farm that gets torn to pieces around the three-minute mark. (TVNWeather/YouTube)



THE CANADIAN PRESS FILE

Want to hear the stripper-inspired White Lilies? Scan the photo with your Metro News app to listen to the song!

High on life and in a Haze

Rap. Angel Haze sits down to discuss strippers, sexuality, polygamy and why women are better to date ... oh, and she talks about her music, too

RICHARD PECKETT
Metro World News in London

Rapper Angel Haze is making the media as excitedly fidgety as a room of schoolboys who've stumbled upon a top-shelf mag. She's dating a girl. And she's a celebrity. It's Ireland Baldwin, the daughter of Kim Basinger and Alec Baldwin, which would make the "best of girl-on-girl lovers" lists in the tabloids, if such a thing existed.

Haze — real name Raykeea Angel Wilson — is happy for the press to have a field day with it. She's in a good place right now and is keen to move on from divulging the details of a frankly dismal childhood, when she was a victim of rape at the hands of so-called family friends. The 22-year-old Detroit native says she's ready for some "fun" with her next album, due out this summer, called *Troubled Child*.

Unlike her well-received but weak-on-sales debut album *Dirty Gold*, this one won't be leaked. Haze, who is on a Mary Jane high, talks strippers, sexuality and social media.

You've been teasing the press and public with images of you and Ireland Baldwin on social media. But before we get to that, why did you make a track on your debut album *Dirty Gold* about a different girl ... a stripper?

Oh my god, the girl from (music track) *White Lilies*.



22-year-old rap phenom Angel Haze is ready to move on from her past. CONTRIBUTED

She's beautiful!

What made her so special?
She's beautiful. I was obviously wasted and I wanted to experiment and learn things. I think at the time it was interesting to meet someone and not know anything about them or the stripper life, which you hear a lot of people talking about it, but you don't really know about it until you experience it.

In terms of your own life, the lyrics from your EP and *Dirty Gold* seem to be quite cathar-

tic. Have you moved on from that stage in your life now?
Yeah, definitely. I didn't realize that until I was doing some interviews early this morning, and I was completely exhausted by talking about my past. I was like an 18-year-old girl who had no clue that the world was paying attention and I was just making music because it was cathartic and a release for me and none of the other stuff mattered. Obviously it doesn't mean anything to me anymore, so talking about it is like beating a dead horse.

Now all of the other stuff matters: I've decided to have fun and I'm appreciative where I've landed in my life.

Your music connects with, amongst others, troubled young children. Do you see yourself as a role model?

I don't feel like a role model because that means I would do everything that I knew was right and I'm like a f—k-up.

Are you more 'real' and tangible?

Yeah, definitely but lots of people would disagree. Some people would think I was a whore or something — my friend over here is like 'uh huh' (laughs). It's cooler to just be real about it — it's not a fairy-tale life.

Do you feel like you're changing rap's attitude toward sexuality?

Oh, because I'm like openly queer or whatever? I suppose so, but I don't think people get it still. ... But I think I have female privilege because no one takes it seriously when it comes down to me. They're like, 'She's bisexual.' It will take someone bigger to change rap's attitude, but not me.

Are you a clingy kind of girl when it comes to relationships?

Nooo, I'm the entire opposite: I'm what people refer to as a 'thot.' I don't really do committed relationships, ever. It's insane if you find me in one. I'm usually very open ... a polygamist.

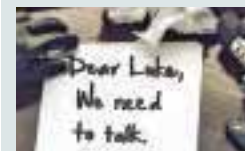
Who's better to date: girls or boys, and why?

I think girls are better than guys, but that's just me.

What! Why?

We're smarter than you guys, more fun, and we smell better.

Ebooks



Dear Luke, We Need To Talk, Darth

By. John Moe

Kindle/iBooks/Kobo

•••••



MIND THE APP

Kris Abel
@RealKrisAbel
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This collection of humorous memos, letters and text messages imagine the off-screen interactions of our favourite movie characters, where the shark from *Jaws* keeps a therapy diary and the *Walking Dead* zombies commiserate together online. Clever logos and fonts complete the inventive gags for Don Draper's self-reflecting cocktail recipes and an exasperated court-ordered letter from Dora the Explorer's mom.

Game of Thrones

Upcoming season to be strongest yet: co-creators

Some *Game of Thrones* fans are wondering if the show's next season might lack a little punch. But show co-creators David Benioff and Dan Weiss tell *Entertainment Weekly*: "Now that we're nearly finished with the first drafts of each episode, we see no reason why the coming season shouldn't be the strongest yet." **THE CANADIAN PRESS**

TODAY'S TIP

Body Care

GARNIER BODY INTENSIVE 7 DAYS

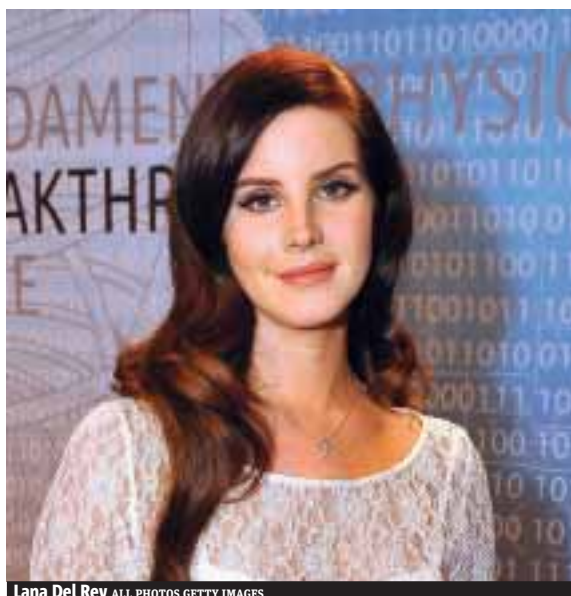
Back from your jog?
Get those toned legs
soft and smooth.



Take care.
GARNIER
Everyday Beauty
MADE EASY

Only at
SHOPPERS DRUG MART

GET BONUS SHOPPERS OPTIMUM POINTS ON PARTICIPATING GARNIER PRODUCTS BETWEEN JUNE 14 AND JULY 11, 2014. FOR MORE INFORMATION, VISIT SHOPPERSDRUGMART.CA/SUMMER



Lana Del Rey ALL PHOTOS GETTY IMAGES

Born To Die singer angry about journo's 'leading questions' on death

Lana Del Rey apparently isn't too thrilled with the Guardian running with her "I wish I was dead already" quote and turning it into a story.

The singer took to Twitter to complain in a series of tweets that she later deleted. "I regret trusting the Guardian. I didn't want to do an interview but the journalist was persistent," she posted about her chat with Guardian music critic Alexis Petridis for an article written for the newspaper by Tom Jonze. "Alexis was masked as a fan but was hiding sinister ambitions and angles. Maybe he's actually the boring one look-

ing for something interesting to write about. His leading questions about death and persona were calculated." For the Guardian's part, Jonze responded by posting the original audio of the interview. "It's not pleasant asking a pop star if she thinks the idea of dying young herself is attractive. It's a dark question, but it's not a leading one," he writes. "She has every opportunity to say no. And she can hardly complain about the subject matter. She'd been talking about her icons all dying young (and) she named her debut album Born to Die."

METRO WORLD NEWS

Megan Fox planning to make fewer movies, spend more time with family



Megan Fox

Now that Megan Fox has a two-year-old and a four-month-old at home to think about, she's kind of souring on the whole show business thing.

"I've never been an extraordinarily ambitious girl or career-oriented, but especially once I got pregnant

with my first son and now (having) my second, it's so hard to be a working mom especially when your heart is not in your work, when your heart is with your family," she tells Parents magazine, explaining that for now, she's looking to work only as much as is necessary.

"I have to make one movie a year because I have to invest in their future and I have to be able to pay their way through college and be able to provide for them. I'm looking for movies that will shoot in Los Angeles, for projects where I'm part of an ensemble so I can shoot in and out in 10 to 20 days. It's all about trying to spend as little time away from my kids as possible."

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Find Mr. West to direct you to little North



STARGAZING
Malene Arpe
scene@metronews.ca

Kim Kardashian and Kanye West threw a big birthday party for their daughter North West, who turned one. Regretably, some of the guests got lost due to the directions on the invite: "For North West go south-southeast, then south, look for Mr. West who will guide you to little North. P.S.: If the party goes south, look for exits marked 'This way away from North West.'"

This Week in Names: 1) Jenna Fischer's new baby's name is Harper Marie. 2) Kelly Clarkson's new baby is named River Rose. 3) The name Elsa is climbing

in popularity thanks to older siblings who pester their parents to name their baby sisters after the Frozen heroine. 4) Kit Harington who plays Jon Snow on Game of Thrones, says his parents didn't tell him that his real name is Christopher until he was 11. In other words, he knew noth... (Let it go. The season is over. Just let it go.)

Taylor Swift has reportedly dumped Selena Gomez as a friend because she's tired of hearing about her problems with Justin Bieber. Despite Taylor's best efforts, she hasn't even been able to write a song about it.

Harrison Ford will spend a long time recovering from an ankle injury sustained on the set of Star Wars VII. It will be eight weeks with normal hospital treatment and bed rest, two weeks if he can be convinced to have his leg frozen in carbonite.



Prince William

Prince William and family to travel in luxury aboard British Heirways chopper

What do you get for the birthday boy who's going to eventually rule everything — in England at least?

Queen Elizabeth II reportedly celebrated Prince William's 32nd birthday by leasing him and his young family a \$13.6-million luxury helicopter for getting around

the country, according to Sky News. The craft can hold up to seven passengers in leather-seated comfort and can fly a maximum distance of 530 miles in one trip. The chopper has already been affectionately nicknamed Heirforce One, according to Sky. METRO WORLD NEWS

A Sting-ing revelation for the kids of former Police frontman

Pop icon Sting says his children won't be getting trust funds from his vast fortune, assuming there's any money left in it.

The 16-time Grammy Award winner and former frontman of The Police told The Mail on Sunday that the vast wealth would be "albatrosses" around the necks of his six children.

The singer-songwriter, who grew up in a shipbuilding community in northeast England, says he told the kids, "There won't be much money left



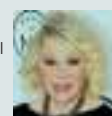
Sting

because we are spending it!"

Sting's wealth was estimated at about \$306 million US by the Sunday Times Rich List.

THE ASSOCIATED PRESS

Twitter



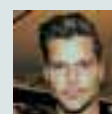
@Joan_Rivers

I hear Shakespeare in the Park is doing King Lear, but with a NY twist. He now dies after being mugged and stabbed.



@TomArnold

I have to make a decision because I can already see that telling my baby no is potentially doing irreparable damage to our best friendship.



@ricky_martin

If you're waiting for a sign, this is it.

With all 'I do' respect, keep your own financial identity

Couple's money. The best route to a strong marriage is to work as a team, but keep your accounts separate



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It's not unusual for two people who are very different in how they see and manage money to hook up before they've talked about those differences. Then instead of just being a tool, money becomes something they fight about.

I meet people all the time who want to beat me up because I advocate financial independence within couples. "C'mon, Gail, marriage means you have to be a team." "Yeah, it's about trust." "Just because you've been divorced three times doesn't mean we're all headed that way."

Y'know what? They're all right. Every one of them has a point. But nothing they've said has changed my mind. I believe with all my heart that to be strong as a couple, you each have to be capable of standing on your own two feet financially.

Planning a family?

Being on the same team means you're going to set your goals together and help each other meet those goals. If one of those goals is to have a family, then together you have to decide how you will provide care and money to take care of that family. If one of you decides to stay home, that doesn't mean the money-maker gets to make all the decisions about how the



The strongest couples are those who can stand on their own two feet financially, our columnist says. ISTOCK

money gets spent or abdicate home-care responsibilities. But so often, that's exactly what happens.

It also often happens that the non-working partner ties themselves completely to their mate financially. They share a bank account; there are no individual accounts. They share credit. One may even give up his or her financial identity completely. It isn't healthy. And many a divorcee or widow comes to regret it.

Being financially independent isn't a precursor to or acknowledgement of the fact that your relationship will end unhappily. To be good for each

other and strong together, you each need to be taking care of the money — individually and as a team — and you each need your own financial identity.

You must each be clear about what you need, want, and expect from your relationship.

And it can't just be clear in one person's mind. You have to talk about it, negotiate the grey areas, and come to a happy place where you're each getting some of what you want.

Stay-at-home partner

For those couples who have one stay-at-home partner, it is important that person have their

own bank account, credit card and savings; yes, accounts in his or her own name. Sure, you're a team, but all that teamwork doesn't do you the least bit of good if the working partner leaves the other partner with no financial identity. Don't confuse having money with having a financial identity; they are not the same thing. Besides, why should the stay-at-home partner be any less financially sound in their own right if you've agreed on this strategy for your family?

A bank account will create a record of money management. Savings will not only help you prepare for the future, it will

signal the right financial behaviour. And a credit card — not a joint card or a supplemental card — will create a credit history.

Don't think that because you're both signed on the mortgage or on a line of credit together your credit histories are being built equally. That's a common misconception. Typically the credit history is reported only for the first signature on the application, so one of you may have no credit history whatsoever. Divorce or death is a tough enough thing to deal with; finding out you're a financial non-person doesn't make it any easier.

Getting back into the loop

So what if your partner has been out of the loop and now needs to get with the financial program? Having a jointly created plan on paper gives you a starting point for discussing how you're managing the money. While you want your mate to have a sense of the big picture, a detailed budget will help him or her see how all the pieces fit together. Your aim is to share your joint financial responsibilities even as you manage your personal financial identities.

Assuming responsibility for your own financial independence is scary for some people. That idea of independence makes some people want to duck and hide behind words like love and trust and honour and team. But independence doesn't negate any of those things. It enhances them because each day you're choosing to be together, not defaulting to togetherness because you're trapped.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Parental ties. Secure kids create better friendships

Not only do strong parent-child bonds mean that kids are more likely to be attentive to friends, they're also more assertive in the face of difficult peers, say researchers at the University of Illinois.

Researchers observed the interactions of pairs of peers in a series of three visits over a period of one month.

Those with strong bonds to

their parents reacted positively in the first meeting of their new friend and were attentive even if the other child was likely to react in anger.

Yet if the new peer partner reacted in anger, children with strong bonds to their parents lost enthusiasm for the friendship.

The study was published in *Developmental Psychology*. **AFP**

No CAD skills required

3D printer for kids keeps it simple

Mission Street Manufacturing has created a playful printing machine just for kids that is part toy, part educational tool. Printeer aims to "bridge the gap between the screen and the physical world" by letting children sketch their designs out on an iPad before manufacturing them. **AFP**

Meeting goals. Kids with freer schedules do better

Limiting structured activities allows kids to establish interests and self-discipline, according to a new study at the University of Colorado Boulder, one of the first of its kind.

The study, published in the journal *Frontiers in Psychology*, says that kids who spend time reading, playing or exploring nature in the absence

of predetermined structure are more proactive than those whose parents pack their schedules with lessons and study sessions.

They are also better able to meet their own goals than those who are carted from one pre-organized activity to another outside of school and homework, say researchers. **AFP**

Hoisin sauce makes meat sub sublime



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

How often do we drive to a sub shop and grab a variety of these tasty foot-long sandwiches? They're inexpensive, quick to buy and incredibly tasty. But if you lift up the bread you usually won't find the healthiest mix of ingredients. Preserved, nitrate-filled deli meats and loads of mayonnaise or "secret" sauce on a heavy, non-nutritious roll. Not exactly a healthy choice. A regular meatball 6-inch sub has around 500 calories, 20 gm of fat and over 1,000 mg of sodium.

My hoisin meatball sub comes to the rescue with about half those numbers, making it a much healthier choice. These homemade hoisin meatballs are made with lean beef, freshly sautéed onions, mushrooms and red peppers, and are served on a whole wheat bun with a tasty hoisin sauce drizzled over top. This is not only delicious, but will save you those excess calories, fat and sodium.

Serve this for lunch or a casual dinner with a side salad.

Directions

1. Combine the soy sauce and hoisin sauce, garlic, ginger, sesame oil and vinegar. Set aside.

2. Combine the beef, bread crumbs, onions, cilantro, 2 tbsp of the hoisin sauce, gin-



This recipe makes six servings. ROSE REISMAN

ger, garlic and egg until well combined. Make into small 1-inch balls (about 36). Brush with some of the remaining hoisin sauce. Bake at 400 F for 12 minutes or just until cooked.

3. Sauté the onions in a non-stick skillet sprayed with vegetable oil until tender. Add the mushrooms and

sauté until soft; add the bell peppers and sauté until tender. Add 3 tbsp of the sauce.

4. Toast the submarine buns. Divide the meatballs overtop the buns and add the sautéed vegetables. Drizzle remaining sauce mixture overtop and garnish with the sesame seeds. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Sauce mixture

- 1/4 cup low-sodium soy sauce
- 1/4 cup hoisin sauce
- 2 tsp chopped garlic
- 2 tsp chopped ginger
- 5 tsp sesame oil
- 5 tsp rice vinegar

Meatballs

- 1 lb lean ground beef
- 1/4 cup unseasoned dry bread crumbs
- 1/4 cup chopped green onions
- 3 tbsp chopped fresh cilantro or parsley
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 egg

Vegetables

- 1 1/2 cups sliced onions
- 2 cups chopped mushrooms
- 1 1/2 cups sliced red bell pepper

Submarine buns

- Six 4-inch whole wheat submarine buns sliced in half

Garnish

- 1 tsp toasted sesame seeds

Make ahead

Make the meatballs and stir-fry early in the day. Gently reheat the meatballs in a 300 F oven for 10 minutes, reheat the stir-fry and assemble.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Bright berries and baby kale take a citrus splash

Kale, Spinach, Raspberry and Goat Cheese Salad. To make ahead, prepare salad early in the day, dress just before serving

The combination of kale and spinach in a salad gives you a powerhouse of nutrients. They are both high in iron and fibre. Kale wins in vitamin C with just one cup having close to 85 per cent of your daily requirements. They're both excellent greens to have in your diet.

Ingredients

Salad

- 4 cups baby spinach
- 4 cups baby kale
- 1/2 cup thinly sliced red onion
- 1 cup fresh raspberries
- 1/3 cup chopped almonds
- 1/2 cup crumbled goat cheese

Dressing

- 1 1/2 tbsp cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple or orange juice concentrate
- 1 tsp (5 mL) brown sugar
- 1/2 tsp (2.5 mL) chopped garlic
- 1/2 tsp (2.5 mL) Dijon mustard

The fresh raspberries, crunchy almonds and creamy goat cheese make the perfect combination along with the citrus cider vinaigrette. This makes a perfect side salad or serve as a main with some grilled chick-

en or fish.

Directions

1. To make the salad: Place the spinach, kale, onions, raspberries and goat cheese in a large serving bowl.



This recipe serves six. ROSE REISMAN

2. To make the dressing: Whisk together the cider vinegar, olive oil, juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped nuts. **ROSE REISMAN**

buy manitoba monday

Honey-Mustard and Tarragon Glazed Turkey Breast

Ingredients:

1 Granny's Seasoned, Boneless Turkey Breast

Glaze:

1 tbsp | 15 ml Dijon mustard

1 tsp | 5 ml olive oil

1 tbsp | 15 ml honey

1 tbsp | 15 ml fresh tarragon

1/4 tsp | 1.25 ml fresh black pepper

Directions:

Pick leaves from tarragon and discard stems.

Chop tarragon leaves and mix with Dijon mustard, oil, honey and pepper to form a paste.

Preheat barbecue to medium-high. Place

turkey breast directly on grill (skin-side up) over indirect or low heat with the lid down.

If the breast is frozen, cook for approximately 90 minutes. If thawed, cook for approximately 45 minutes. Cook to a minimum internal temperature of 170°F (77°C).

Brush generously with Honey-Mustard and Tarragon glaze, turn and brush on bottom as well. Cook for an additional 2.5 minutes on each side.

Remove from grill, cover loosely with foil and let stand for 10-15 minutes before slicing.



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Learning as long as you're living may be the best course of action

Class is in session ... again. Startup founder takes 30 classes in 30 days to encourage perpetual education

LAKSHMI GANDHI

Metro World News

Over 1.5 million college students graduated this year, packing away their books and embarking on their life adventure in the real world.

A recent study by the Jenkins Group reveals that nearly half of the class of 2014 will never read a book again. Chad Lovell wants to change that. Lovell is the co-founder of AllClasses.com, a search engine that lists available classes all over the world. Lovell is currently taking 30 classes in 30 days in order to encourage life-long learning. We recently caught up with Lovell as he was heading home from a busy afternoon at class.

How was class today? What did you end up taking?

I took a class on day trading stocks and trading options. I've done a little trading on my own, so I was a little skeptical going in (about whether I would learn much). But we were talking about stuff we can do and all of the different options. I'm learning new stuff all of the time. Every class I go to, I tell people what I'm



It's unquestionable that taking on a class can provide great nourishment for your noggin. ISTOCK

doing and they say, 'That's awesome.'

How did you pick the classes you would take over the course of the month?

I wanted it to be something that benefits me and that

would add value to my business. Half of the classes are concentrated on professional development. I'm also taking classes for my personal benefit. I started power lifting and working on core strength last year,

and I'm taking a pole fitness class, which is interesting because I'm often the only guy there.

How did you come up with the idea for the 30 in 30 Learning Challenge?

I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

The human race

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."

Chad Lovell
Co-founder of AllClasses.com

What have you learned personally while doing the project?

Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

Your company AllClasses lists all sorts of courses and learning opportunities. What are the topics people seem to be interested in the most?

It's all across the board. We have 3,000 different topics that people search for. Coding classes and programs like Javascript are popular. Our users are also really interested in marketing classes.

What's the best reason to take a class?

No one likes to be boring. ... It makes you more interesting. I'm taking a CPR certification class too, and that could potentially save a life.



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Life lessons of the rich and famous

Said the stars. The best career advice from 2014's celebrity commencement speeches

LAKSHMI GANDHI

Metro World News

As graduation season winds down, we thought we'd share the best pieces of career advice we've heard from recent speeches given by celebrities. Here, in no particular order, are some of the highlights.

Shonda Rhimes

The creator of hit shows *Scandal* and *Grey's Anatomy* urged Dartmouth grads to focus on doing rather than dreaming:

So, Lesson One, I guess is: Ditch the dream and be a doer, not a dreamer. Maybe you know exactly what it is you dream of being, or maybe you're paralyzed because you have no idea what your pas-



Mindy Kaling GETTY IMAGES

sion is. The truth is, it doesn't matter. You don't have to know.

You just have to keep moving forward. You just have to keep doing something, seizing the next opportunity, staying open to trying something new. It doesn't have to fit your vision of the perfect job or the perfect life. Perfect



Barbara Walters GETTY IMAGES

is boring, and dreams are not real. Just ... do.

So you think, 'I wish I could travel.' Great. Sell your crappy car, buy a ticket to Bangkok, and go. Right now. I'm serious.

You want to be a writer? A writer is someone who writes every day, so start writing. You don't have a job? Get one. Any

job. Don't sit at home waiting for the magical opportunity.

Barbara Walters

While receiving a lifetime achievement award from the Fred Friendly First Amendment Award committee at Quinnipiac University, the recently-retired Barbara Walters shared

these tips for living a fulfilling life. While this isn't from a commencement speech, we loved this advice so much we had to include it:

1) There has to be something you have to do, most important something you *want* to do.

2) You have to have someone to love, and to love you, not necessarily a family. Sometimes it's just friends. I don't have a big family. I have one child. I would be lost without my friends.

3) You have to have spirituality of some sort. I don't mean that it has to be religion. It can be ethics. It can be a philosophy.

4) You have to have strength of purpose in mind.

Tory Burch

The fashion designer focused on the lessons she learned from building her company in her address at Babson College: Being an entrepreneur isn't

just a job title, and it isn't just about starting a company. It's a state of mind.

It's about seeing connections others can't, seizing opportunities others won't and forging new directions that others haven't. It's about being entrepreneurial wherever you are and in whatever you do.

It's about having the courage to give in to passion for an idea that makes your heart race. If it doesn't scare you, you're probably not dreaming big enough.

Mindy Kaling

Addressing Harvard Law School grads on their Class Day, the sitcom star's joke-filled speech turned serious for a moment.

According to motherjones.com, Kaling urged graduates to "be the kind of people (who) give advice to celebrities, not the other way around." She continued: "You are entering a profession where no matter how bad the crime, or the criminal, you have to defend the alleged perpetrator. That's incredible to me."

'Round the world wisdom

Changing your future can change your present



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever noticed how looking at a future holiday in your calendar can completely shift your mindset in the present?

A look forward unlocks our imagination and sets a plan in motion, resulting in new actions and a refreshed state of mind. Why not do the same with our careers, our relationships, or our



You can rock at life as long as you learn to set your sights on success.

ISTOCK

lives?

If the life trajectory we are on is no longer inspiring or nourishing, the good news is that by inserting a challenging project in our future, the present will immediately shift and our trajectory will forever be changed. Not only will our lives be altered when we reach the completion of the project — revealing new avenues that are hidden from us at present — more important, the project will change the present, too.

For example, when I signed up to run the Gobi desert, the training helped me build my level of resilience which in turn shifted how I related to the 2009 recession. Before, the recession had been an event to survive. Through the Gobi,

it became an opportunity to thrive.

Completing the race itself resulted in two unforeseen gifts: I wrote a book called *Gobi Runner* detailing the journey, and then started sharing the Gobi story on the speaker's circuit. While neither of these developments was planned, my day-to-day life was forever changed.

Most of us decide to change the course of our lives only when something goes wrong. Why wait? Taking on new challenges can be uncomfortable, but it is possibly the most effective way to instead give ourselves a future to step into today.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF *Gobi Runner*

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Put the 'reward' back in reward program

Research loyalty programs to optimize your points

Who doesn't love getting what you want — when you get it faster? Finding the right loyalty program — one that gets you the rewards you want — can be complicated, especially when credit cards are factored in.

Whether you are looking for a new card or just curious to see how your current credit card stacks up, it can be difficult and time consuming to get an apples-to-apples comparison of what is available from various providers and how well they might work for you. While selecting a program still requires you to do a little research, a free, online tool is here to help. Compareloyaltyprograms.ca enables Canadians to assess which loyalty programs and affiliated credit cards might get them to their desired reward fastest.

"It's all about the reward. Take a step back and consider what you're looking for — whether it's cash back, merchandise or flights — and then research which programs and cards could get you there faster," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances.

"Where you live, your shopping habits and spending patterns mean that there isn't one program that fits all, so a tool



ISTOCKIMAGES

like Compareloyaltyprograms.ca really offers a new perspective."

REWARDS ARE A PERK BEST SERVED FAST

Flights, merchandise or cash equivalent rewards: it doesn't matter what type of reward you're working towards, you likely want it faster, according to a new poll by Environics Research Group. Results show that earning rewards faster (42 per cent) and having more opportunities to earn loyalty points (40 per cent) are priorities for Canadians in their loyalty programs.

Even with speed being top of mind, comparing programs based on time to reward has been difficult to do before now.

"The Environics research has shown that credit cards can play an important part in earning rewards faster: double-dipping, or using a loyalty program card and paying with an affiliated credit card, offers the fastest time to reward," say Misner and McDonald. "And don't forget: a program that gets you to your rewards faster is one that will keep you happy."

CONFUSION CAN MEAN MISSED REWARDS

Navigating the loyalty program landscape in Canada can be challenging with so many programs and opinions to sort through. According to the Environics poll, the majority of consumers who participate in loyalty programs believe that they can be confusing (almost six in 10 Canadians). Of those, three-quarters (76 per cent) say they are less likely to use a loyalty program if they are confused by how it works — meaning many of us are

LOYALTY PROGRAM TIPS

IF YOU CHOOSE TO USE YOUR CREDIT CARD TO PAY FOR YOUR PURCHASES AND EARN LOYALTY PROGRAM POINTS, A FEW TIPS CAN HELP YOU MAXIMIZE THAT SPENDING AND GET YOU TO YOUR REWARD FASTER:

USE COMPARELOYALTYPROGRAMS.CA: It can help you research reward programs and affiliated credit card options to get you to your reward sooner.

USE CREDIT CARDS RESPONSIBLY: Spend responsibly and be sure to read the fine print on any credit card you shortlist — if you are not paying off the balance every month or if the annual fee is high, you are not going to be rewarding yourself.

RESEARCH YOUR OPTIONS AND UNDERSTAND WHAT YOU'RE SIGNING UP FOR: Do your own research — do not assume others' opinions about certain cards or programs are 'right' for you.

DOUBLE-DIP: You will maximize earnings by using your credit card with the corresponding loyalty program where possible — that means shopping at program-affiliated stores and paying with the affiliated credit card. Earning rewards points this way adds up faster than you might think.

FOCUS ON YOUR FAVOURITES: Focus your spending on one or two loyalty programs — targeting your earning on just one or two programs will ensure you reap the most rewards, whether it's flights, cash back or merchandise.



CONTRIBUTED

simply missing out on rewards.

Sources of confusion include not knowing how to redeem points or miles for a reward (39 per cent), not knowing which program is best for them personally (37 per cent) and not knowing how or where to earn reward points or miles (24 per cent).

With a tool such as Compareloyaltyprograms.ca on your side, you have a unique, level comparison of the top loyalty programs and affiliated credit cards in Canada.

Answer a few simple questions based on your preferences, location and person-

al spending habits and up to three loyalty programs will be suggested as possible matches for you.

From there, it's up to you to select the right program for you.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

NHL

Jets' season begins in the desert

The Toronto Maple Leafs and Montreal Canadiens will once again kick off the NHL season.

The league released its official schedule Sunday, and the Original Six rivals will face off at Air Canada Centre in the earliest of the four games scheduled for opening night on Oct. 8.

The Winnipeg Jets visit the Arizona Coyotes to begin their season the next night. **THE CANADIAN PRESS**

Women's Open

Michelle Wie wins first major

Michelle Wie bounced back from a late mistake at Pinehurst No. 2 to bury a 25-foot birdie putt on the 17th hole. That sent the 24-year-old from Hawaii to her first major championship Sunday in the U.S. Women's Open.

She closed with an even-par 70 for a two-shot victory over Stacy Lewis, the No. 1 player in women's golf who made Wie work for it by making eight birdies in a round of 66.

Sixteen-year-old Brooke Henderson of Smiths Falls, Ont., shot a 69 in the final round to finish in a tie for 10th place.

THE ASSOCIATED PRESS



Michelle Wie GETTY IMAGES



Aaron Ekblad performs a test during the NHL Scouting Combine on May 31 in Toronto. DAVE SANDFORD/GETTY IMAGES

Steady, dependable Ekblad ready for NHL

Countdown to the draft. 2-way blue-liner pegged as No. 1 pick

Aaron Ekblad may be the most mature 18-year-old hockey player on the planet.

"Not only does he have a 30-year-old's physique under his equipment, but he also thinks and acts like a 10-year NHL vet," said Dan Stewart, scouting director for the independent scouting service Future Considerations.

Ekblad, a two-way, right-shooting defenceman, knows

what he wants to be — not only in this week's NHL draft, but as a pro. He'd love to go No. 1 and continue to mould himself in the images of Shea Weber, Alex Pietrangolo and Duncan Keith.

More than anything, though, the Barrie Colts captain wants to be considered reliable on and off the ice.

"I don't do too many things that are going to surprise anyone," Ekblad said at last month's scouting combine. "I'm going to be the kind of player that you know what you're going to get from me."

Steady and dependable

Future NHL great?

"I wouldn't say I'm cocky, but I'm confident and I believe that if I work hard and I do all the little things and pay attention to details, I can be in that league next year."

NHL prospect Aaron Ekblad

doesn't put butts in seats, but Ekblad isn't touting himself as a flashy kind of player. Instead, and more importantly, he has the potential

to develop into a franchise cornerstone.

Because of that, the Belle River, Ont., native is the front-runner to be the top pick Friday night in Philadelphia, whether the Florida Panthers choose to keep it or trade it. Buffalo Sabres general manager Tim Murray said last week he expected Ekblad to go No. 1 regardless.

If that happens, Ekblad would be the first defenceman to be selected with the top pick since Erik Johnson in 2006, and the first Canadian-born blue-liner in that spot since Chris Phillips in 1996.

THE CANADIAN PRESS

Jays flying low after getting hosed on road

The Toronto Blue Jays went limping home from their long, losing road trip.

The struggling AL East leaders lost infielder Brett Lawrie and right-fielder Jose Bautista with injuries and fell to the Cincinnati Reds 4-3 Sunday.

Toronto was 3-7 on its visit to Baltimore, Yankee Stadium and Cincinnati.

Lawrie, twice hit in the left hand by pitches earlier in the week, sustained a broken right index finger when he was hit by a pitch from Johnny Cueto in the second inning.

The team didn't immediately announce how long he would be out.

"It's definitely tough," said Lawrie, who said he expects to be placed on the disabled list. "We're big pieces of the puzzle, especially (Bautista). It's tough on the team to not have all its bullets. We just have to keep on grinding."

Bautista left because of tightness in his left hamstring, manager John Gibbon said. The All-Star outfielder had a single and a sacrifice bunt before leaving.

Cueto pitched eight effective innings and Todd Frazier broke a 2-all tie in the fifth with a two-run homer off R.A. Dickey (6-6).

Toronto has lost five of six, and has dropped five straight series.

Cueto (7-5) gave up three runs — one earned — and leads the NL with a 1.86 ERA. He gave up seven hits and struck out eight.

Edwin Encarnacion led off the Toronto eighth with his 24th home run.

THE ASSOCIATED PRESS



Jose Bautista cools off in the dugout during the Blue Jays' 4-3 loss to the Reds on Sunday in Cincinnati. JOE ROBBINS/GETTY IMAGES

Scan the image with the Metro News app for additional photos from Sunday's games

Hard-pressed, but Belgium advances

Another late win.

Rookie Divock Origi saves the day in the 88th minute

Twice now, Belgium has relied on a late revival boosted by stamina and its bench to turn desperate situations around at the World Cup. On Sunday, it was teenager Divock Origi who turned a listless Belgian performance into a late 1-0 win over Russia, enough to qualify for the next round.

Belgium barely contained a reinvigorated Russia for most of the match, yet struck with a blistering late spurt of class and opportunism to turn a bad situation into a wild, fist-pumping celebration for coach Marc Wilmots and his team in the 88th minute.

"Why were we good in last 10 minutes? Simple — the others were tired," said Wilmots. "The Russians were so tired they looked at their feet, and it offered us chances to counter."

After its dour 1-1 draw with South Korea, Russia produced the kind of sparkle and dominance that had been more expected from Belgium in front of 73,819 increasingly restless fans at Maracana stadium.

With Belgian King Philippe looking on, substitute Kevin Mirallas hit a free kick against the post in the 84th minute, setting off the



Belgium's Eden Hazard, left, is challenged by Russia's Dmitry Kombarov during the group H World Cup soccer match between Belgium and Russia at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Group H

1

Belgium

0

Russia

amazing turnaround. At first it appeared as if late flashes from Eden Hazard would only camouflage a dismal performance.

But then the playmaker

made a move into the area on the left and spotted Origi free in the centre. A pinpoint pass from Hazard and a cool right-foot finishing from the 19-year-old Origi gave Belgium the victory.

"Nobody could have thought this possible," said Origi, who was only called into the squad because No. 1 striker Christian Benteke injured his Achilles in April.

Most of Belgium barely knew of the talented young player, who had been developing quickly for Lille in

the French league.

Belgium didn't play with any real authority for most of the game on a sunny afternoon in Rio, confounding predictions that it should be one of the teams to watch at the World Cup.

Instead, it was Russia that applied most pressure in the second half and was let down by its blunt finishing touch. That helped give Belgian goalkeeper Thibaut Courtois his 100th professional clean sheet at age 22.

THE ASSOCIATED PRESS

In injury time. Portugal gets a lifeline, denies U.S. spot in second round

Varela headed in an equalizer in injury time to salvage a 2-2 draw for Portugal against the United States at the World Cup on Sunday and deny the Americans a spot in the second round.

Cristiano Ronaldo swung in a cross from the right and Varela thumped a header into the net to keep Portugal alive in the tournament.

Clint Dempsey had given the U.S. the lead when he used his stomach to direct the ball into the net from a cross by Graham Zusi in the 81st minute.

Jermaine Jones had equalized for the Americans earlier in the second half, after Nani gave Portugal an early lead.

A win would have put the U.S. into the second round,



Portugal's Varela
GETTY IMAGES

but it can still advance with at least a draw against Germany in the next game.

THE ASSOCIATED PRESS

Against South Korea. Algeria claims first World Cup victory since 1982

First half strikes by Islam Slimani and Rafik Halliche helped Algeria to beat South Korea 4-2 on Sunday and become the first African team to score four goals in a World Cup match.

Algeria led 3-0 at halftime, but withstood a stronger South Korean second half performance to claim its first World Cup win since 1982 and move into second place in Group H with one match left to play.

Defeat for South Korea means it must now beat already-qualified Belgium to stand a chance of progressing to the knockout stages. Bel-

At halftime, 3-0

"The first period was almost perfect."

Algeria's coach Vahid Halilhodzic.

gium leads with six points, Algeria now has three, while Russia and the South Koreans have one apiece.

"Our defence wasn't as good as it should have been," South Korea coach Hong Myung-bo said. "We will now do our best to the very end of the competition. That's the only option we have left."

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Horoscopes

Aries

March 21 - April 20

This will be one of those weeks when, if you sit back and relax, spend quality time with friends and just generally let things happen, life will be perfect in every possible way.

Taurus

April 21 - May 21

Friends and relatives will do what you ask if you ask nicely. Also, if there is something you know they desire and you are in a position to get it for them then go for it.

Gemini

May 22 - June 21

This is potentially one of the best days of the year for you as Venus moves into your birth sign. Good things will come at you from all directions, which may be overwhelming.

Cancer

June 22 - July 23

No matter how bad your current situation might appear to be, don't make an issue of it. Something positive is about to happen in your life but to make the most of it you must be positive too.

Leo

July 24 - Aug. 23

Friendships are under excellent stars today, so if you are bored with your home life or your work seek out people who make you feel glad to be alive.

Virgo

Aug. 24 - Sept. 23

Venus, planet of harmony, crosses the career angle of your chart today, so you should find it a whole lot easier to get your way with people in positions of power. By the end of the day they will be eating out of your hand.

Libra

Sept. 24 - Oct. 23

You will be in an adventurous mood and that's good because the planets suggest if you go where you have never been before you will meet someone who lights up your life.

Scorpio

Oct. 24 - Nov. 22

You may be a bit touchy where money and possessions are concerned but the planets indicate you have precious little to worry about, so lighten up and believe that it will all come right in the end.

Sagittarius

Nov. 23 - Dec. 21

Everyone seems to be singing your praises but your number one priority should be helping someone else feel special. A loved one is feeling a bit neglected, so go out of your way to spend time with them.

Capricorn

Dec. 22 - Jan. 20

Try not to make too much of a fuss if someone with whom you live, work or do business makes a mess of what they do today. Make allowances and make sure, if it's important, you do it yourself next time.

Aquarius

Jan. 21 - Feb. 19

Venus, planet of harmony, moves into the most creative area of your chart today, so it's unlikely you will want to be too serious about, well, just about anything.

Pisces

Feb. 20 - March 20

You may not agree with what a friend or family member is going to do but they have made up their mind about it so you might as well give them your support. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Modern day witchcraft
- "I shall never see ___ lovely as..." - Joyce Kilmer
- Guys
- ___ water
- Greek holiday island
- Chopper
- Muskokas locale of the Bethune Memorial House National Historic Site of Canada
- ___d'Or, QC
- Not all
- Li'l political title
- Beatles: "___"
- ___-dieu (Praying furniture piece)
- Edmonton: ___
- The Live Improvised Soap Opera
- Toronto attraction, Ontario ___ Centre
- "More after!", texting-style
- Wear away
- ___ Ness Monster
- Recipe meas.
- Paul McCartney's "___ Was Lonely"
- "Nope."
- Type of healing technique
- "___ miracle!"
- Split
- Actor Alan
- Actress Teri
- Kate Middleton's title



- Loonie's competition: acr. + wd.
- Josh Groban's "You Raise ___": 2 wds.
- Russian pancake
- Dawn goddess
- Actress Ms. Thompson
- Deplete
- Vintage bathroom

- feature: 2 wds.
- Toronto summer hrs.
- Ancient myth's blood
- Tea type
- Napoleonic Wars marshal
- Turkish city
- Tambourine, e.g.

Down

- Mannequin manes
- Small obi accessory
- Edmonton nickname, 'The City of ___'
- Kind of horse-drawn transport at Remington Carriage Museum in Cardston, AB: 2 wds.
- Consumed
- Tooth complaint
- Hammer
- Ex-Bruin Bobby
- Carmela's portrayer on "The Sopranos" ...her initials-sharers
- Fletcher Christian's uprising
- Singer Ms. Staples

- Glorify
- Ms. Furtado
- Itsy-bitsy bit of a min.
- Toronto-born actor grandfather (b.1883-d.1950) of actress Anjelica: 2 wds.
- Bellybutton type
- Scratched
- Ordinal suffix
- Quasi
- 'Pluto' suffix (Rich ruler)
- Alberta village, 'The Friendly Community'
- Paddle
- Cycling routes: 2 wds.
- Water ___ (Summertime gear)
- Brooches
- Track event
- Li'l old MTV show
- Singer Ms. Keys
- "___ are you ready?" (Er, like, hurry up!)
- Kelly Clarkson's "Since ___ Gone"
- England's "Run Runaway" band
- Simple song
- Took trophy back
- Canadian cellist Ms. Harnoy
- Couple
- "Two guys walk into ___"
- Math fractions acronym
- '80s group
- Sash

Friday's Crossword

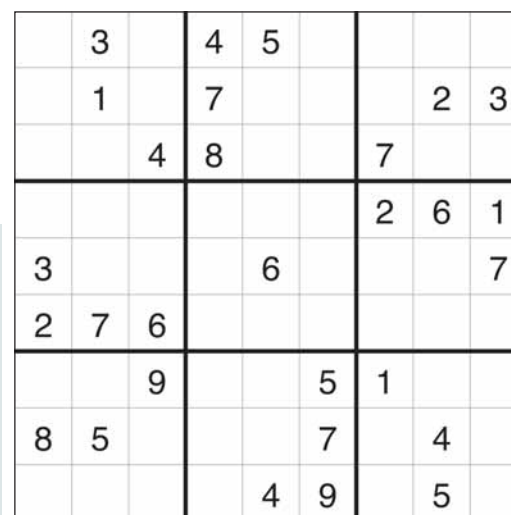
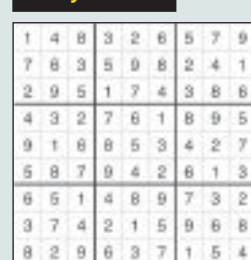


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 20°
MIN: 15°

TUESDAY



MAX: 19°
MIN: 11°

WEDNESDAY



MAX: 22°
MIN: -2°



JENNA KHAN WEATHER SPECIALIST

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